



"One Team, Supporting Military Missions and Family Readiness!"



San Antonio military hospitals completing historic transition

By Maria Gallegos
BAMC Public Affairs

The Brooke Army and Wilford Hall Medical Centers integration soon will be completed, and the move-in has begun into BAMC's new 760,000-square-foot consolidated tower.

This initiative was directed by the 2005 Base Realignment and Closure law and marks a new era in military medicine and history.

"This integration will bring talented staff from both units and each others' best practices to create an integrated health system that is the envy of military and civilian health care organizations across the nation," said Maj. Gen. M. Ted Wong, commanding general of BAMC and Southern Regional Medical Command.

See SAMMC, P9



Photos courtesy SAMBIO

(Right) The new 760,000-square-foot Consolidated Tower. (Inset) Artist's conception of tower lobby.



Photo by Shayna E. Brouker

The Installation Management Command, or IMCOM, Academy, Building 4022 on the new IMCOM Headquarters campus at Fort Sam Houston, was completed Aug. 1. The state-of-the-art facility consists of a student wing on the right and an administration wing on the left. The academy will be used for IMCOM staff and personnel training and includes large and small classrooms with projectors and video-teleconference capabilities.

Installation Management Academy welcomes students to Fort Sam Houston

By Tim Hipps
IMCOM Public Affairs

The Installation Management Academy, featuring the Maj. Gen. Robert M. Joyce Family and MWR School and the Installation Management School, is open for business in San Antonio.

As part of Base Realignment and Closure, the

Army's Morale, Welfare and Recreation academy relocated this summer from Fairfax County, Va., to historic Fort Sam Houston, an Army stronghold since 1876.

"We started designing this [building] years ago and have worked with it all the way through the design process, and we're very pleased with the outcome," said Patricia Tucker, who arrived July 5 as director of the Maj. Gen. Robert M. Joyce Family and MWR School. Col. Matthew Margotta is commandant of the Installation Management School.

See IMCOM, P11



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Army Suicide Prevention Month: watching out for each other

By Lt. Gen. Rick Lynch
Commander, U.S. Army Installation
Management Command
and Assistant Chief of Staff for
Installation Management



When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do.

There was the Soldier who seemed to have it all together, until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?"

And the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide.

And the family member who felt desperately alone and overwhelmed during another deployment.

Most of the stories have happy endings ... the people received the help they needed. When they didn't, it was a hard, hard loss.

Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or coworker, but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week Sept. 4-10. Suicide prevention is an institutional Army program, focused on this urgent issue year round, but this month the Army intensifies its efforts to make sure every Soldier, civilian and fam-

ily member knows what resources are available to help those in need.

The Army has developed Ask, Care, Escort (ACE) training, to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the garrison Suicide Prevention Program, as well as the Army's Suicide Prevention website at <http://www.armyg1.army.mil/hr/suicide/default.asp>.

A number of other resources provide help with issues that can put a

person at risk for suicide.

These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers, and unit and garrison chaplains.

Looking at the bigger picture, the Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army Family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program

changes that have reduced the number of people at risk.

But as long as any member of the Army Family views suicide as a viable option, we still have work to do.

From the Installation Management side we are strengthening programs that provide critical support.

This includes hiring more ASAP counselors and Suicide Prevention Program Managers for installations worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, civilians and families build stronger connections with their new communities.

One key component to successful Army prevention efforts is fully engaged, committed leadership from top to bottom.

Great leaders create a

culture in which people observe standards and discipline, and also get to know and care about each other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

Most critically, great leaders get out the message that it is a sign of strength to ask for help. We will keep repeating that every which way – in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events – until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army Family and we take care of each other.

News Briefs

Joint Base San Antonio increases security level

Officials with U.S. Northern Command directed an increase in security posture at all U.S. military installations to Force Protection Condition Bravo until further notice, as the 10th anniversary of the 9/11 attacks approaches. All Joint Base San Antonio installations, to include Fort Sam Houston, Camp Bullis, Lackland and Randolph Air Force Bases have implemented measures consistent with the heightened security level. Motorists traveling to and around these installations may encounter traffic delays as security personnel comply with Force Protection Condition Bravo procedures.

Road closure Sept. 14 for helo demo

Worth Road off Stanley Road, Dickman Road between Worth Road and Harry Wurzbach, and Harry Wurzbach Road between Stanley and Dickman Road, will be closed from 3:30 to 4 p.m., Sept. 14 for a combat medic demonstration using a helicopter for members of the Greater San Antonio Chamber of Commerce.

McGee Road closure

McGee Road will be closed to through traffic from Sept. 15 to Oct. 15 due to construction of a dumpster station, according to 502nd Civil Engineering Squadron officials. The road will need to be closed for resurfacing with concrete and drying time. Barricades will be placed at each end of the road.

Armed Services Blood Drive

U.S. Army Institute of Surgical Research will sponsor a blood drive Sept. 22-23 from 8 a.m.-2 p.m., in the Brooke Army Medical Center Medical Mall. Call 916-2115 or 916-7228 for information. For appointments visit <http://www.militaryblood.dod.mil> sponsor code: USAISR.

Spouses' Conference

The "It's Not Easy Being Green" spouses' conference is Sept. 22-23 from 8:30 a.m.-2:15 p.m. at Dodd Field Chapel. Military spouses from all branches of service are welcome to attend. The cost is \$5. The two-

See NEWS, P4

FSH welcomes Medal of Honor recipient

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Fort Sam Houston welcomed Sgt. 1st Class Leroy Petry during an open house and a homecoming of sorts at the Warrior and Family Support Center here Aug. 31.

Petry, only the second living Medal of Honor recipient from the Iraq and Afghanistan conflicts, said the visit was an important one for him because it provided him the opportunity to visit with his fellow troops.

It's also a place he is very familiar with. Petry was treated at Brooke Army Medical Center and spent much of his time during his recovery at the WFSC.

"It's my honor to be here surrounded by so many great people and wounded Soldiers who I got to visit this morning and this afternoon," Petry said. "It's where my heart is, having gone through it. It's why I took the job and decided to remain on active duty."

The veteran of eight deployments lost his hand and was injured in both legs while saving the lives of his fellow Rangers during a mission in Afghanistan in May 2008.

Petry recovered at BAMC and developed close relationships with many people at BAMC and the WFSC, including WFSC director Judith Markelz, who attended his Medal of Honor ceremony at the White House.

"I looked up the word 'home,' and the dictionary states that a home is refuge where you can go and feel surround by unconditional love," Markelz said. "For all of us who have known and cared for you ... welcome home, Leroy!"

"He's a hero in my book for once again coming to the assistance of his fellow Soldiers and servicemen and women by visiting the wounded warriors at Brooke Army Medi-



cal Center and the WFSC," said Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, while addressing the gathered visitors at the WFSC.

"He provides encouragement and support for what will be, for some, one of the most challenging chapters in their lives," Wiggins added.

After opening remarks, Petry spoke individually with the wounded warriors, fellow Rangers, guests and well-wishers at the open house event.

One wounded warrior had his cast signed by Petry with the message "RLTW," which stands for "Rangers Lead the Way."

"It was an honor to meet him because of what he did (in Afghanistan) and what he's done since his injuries," said Sgt. Ben Stehman, a tanker with Company C, 1st Battalion, 16th Infantry Regiment, 1st Infantry Division.

Stehman was injured during an Aug. 7 mission in Kush Khadir, Oruzgan Province, Afghanistan. Petry presented him with a military challenge coin for excellence.

Medal of Honor recipient Sgt. 1st Class Leroy Petry, signs "RLTW," (Rangers Lead the Way) on the cast of Sgt. Ben Stehman, a wounded warrior and a tanker with Company C, 1st Battalion, 16th Infantry Regiment, 1st Infantry Division, during an Aug. 31 open house at the Warrior and Family Support Center. Stehman was injured during an Aug. 7 mission in Kush Khadir, Oruzgan Province, in Afghanistan. Petry also presented Stehman a military challenge coin for excellence.

Photos by
Staff Sgt. Keith Anderson



(From left) Medal of Honor recipients retired Maj. Gen. Patrick Brady, Sgt. 1st Class Leroy Petry, and Maria Rocco, wife of deceased Medal of Honor recipient Chief Warrant Officer Louis Rocco, meet at the Warrior and Family Support Center Aug. 31.

Petry currently serves as a liaison officer for the United States Special Operations Command Care Coalition-Northwest Region, and provides oversight to wounded warriors, ill and injured service members and their families.

"I'm sure the account of Sgt. 1st Class Leroy Petry's actions on May 26 will be recorded in history books, but

there's a significant chapter that will not probably be annotated in the history books – and that chapter is his heroic fight and struggle to overcome significant injuries and return to ranks of the elite Rangers," Wiggins said. "Sgt. 1st Class Petry's commitment to serve represents his strength and resilience. He's a true American hero and a professional Soldier."

News Briefs

from P3

day event offers guest speakers, informative classes, food, prizes and free child care. Register by Sept. 16 at <http://militaryfamilies.wufoo.com/forms/its-not-easy-being-green-spouse-conference/>, call 221-9826 or 221-2585 for information.

Army's Funded Legal Education Program

The Office of the Staff Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under this program, active duty commissioned officers, second lieutenant through captain, may attend law school at government expense. Interested officers should review Chapter 14 of AR 27-1 (The Judge Advocate General's Funded Legal Education Program), to determine their eligibility. Interested officers should review the AHRC website for branch specific contact information at <http://www.hrc.army.mil> or contact their local Staff Judge Advocate for more information: Army North and Fort Sam Houston at 221-0484, Army South at 295-6325; Army Medical Department Center & School at 295-9893; or Medical Command at 221-8400.

Gas Line Installation

City Public Service will be constructing a gas line through Oct. 9. Construction will be off N. New Braunfels Road near the Quadrangle, proceed through the Infantry Post area and continue up to Building 4011. Call 221-1983 or 221-4277 for more information.

Cars with DV plates can park in handicapped spaces

According to Fort Sam Houston Regulation 190-8 and Texas Criminal and Traffic Law Manual (Section 681.008), disabled veterans can park in any handicapped space. Section 504.202 of the manual requires the disabled veteran's license plates to display the letters "DV." Law enforcement officers on Fort Sam Houston will look for either the national symbol (wheelchair) or the "DV" letters on license plates when checking handicapped parking spaces.

Numerous local events pay tribute to 9/11 tenth anniversary

Alamo Plaza commemoration

This observance is at Alamo Plaza from 7:30 to 9:05 a.m., Sept. 11. The morning ceremony pays tribute at the exact moments when, 10 years ago, so many lives were lost.

After a welcome from San Antonio Mayor Julián Castro, remarks will be given by the Commander of Air Education and Training Command, Gen. Edward A. Rice and Army North commanding general, Lt. Gen. Guy Swan, as well as the chiefs of the San Antonio Police and Fire Departments.

Special seating is available for Gold Star families (who have lost immediate family members in the wars in Iraq and Afghanistan), and other special guests. The commemoration is open to the public, and all are welcome. A joint service color guard will be featured, as well as patriotic music from a combine Army/Air Force band.

2011 Freedom Walk & Run

Sponsored in part by Operation Homefront of Texas, join Fort Sam Houston at the Jimmy Brought Fitness Center Sept. 10 to honor military families and first responders, while remembering the 10th anniversary of the Sept. 11 terrorist attacks. This is a non-competitive event. Strollers and pets are welcome on the one-mile walk or 5K run.

Runners will leave the starting line at 8:30 a.m. and are advised to arrive at least 30 minutes prior for late registration and a safety briefing. The first 500 registrants receive a T-shirt.

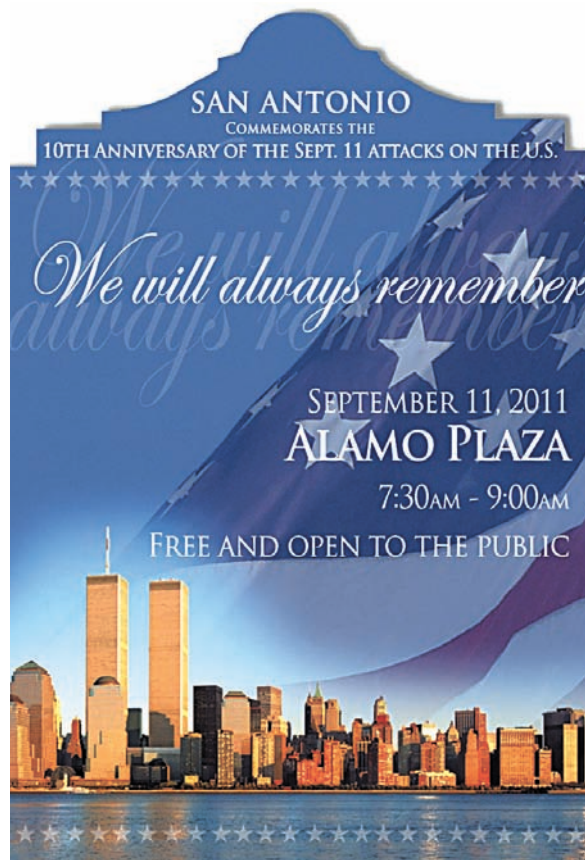
Registration forms are available at <http://www.portsamhoustonmwr.com/vsm/pages/408/5-817201150126.pdf> and can be dropped off at the fitness center. For more information, call 221-1234 or visit <http://www.operationhomefront.net/texas>.

FSH Fire Department Tribute Ceremony

The Fort Sam Houston Fire Department will hold a 10th anniversary 9/11 tribute ceremony at 7:30 a.m., Sept. 9 at the FSH Fire Station.

9/11 Reveille & Taps

All Lackland Air Force Base military personnel are welcome to "fall-in" for a 9/11 Remembrance Reveille and Taps ceremony at 6:30 a.m., Sept. 9 at the 37th Training Wing flagpole.



AFRISA Remembrance Ceremony

The Air Force Intelligence, Surveillance and Reconnaissance Agency at Lackland Air Force Base holds a remembrance ceremony at 11 a.m., Sept. 9 in the Bernard A. Larger Auditorium of Building 2000. A guest speaker is scheduled along with a reception.

NCO Academy 9/11 Remembrance Run

The Robert D. Gaylor Noncommissioned Officer Academy at Lackland Air Force Base hosts a 9/11 Remembrance Run Sept. 11 to honor the lives lost during the Sept. 11, 2001 attacks. For more information, call 671-0321 or 671-3766.

Randolph AFB 9/11 commemoration ceremony

On Sept. 9, retired Air Force Chief of Chaplains Maj. Gen. Charles Baldwin will speak at the Randolph Air Force Base theater at 9 a.m., reflecting on 10 years of change since 9/11. Baldwin was in the Pentagon when one of the hijacked commercial airplanes hit the building.

The event's theme is entitled "Stones Cry Out... Again: A Ten Year Commemoration of 9/11." The Air Force Band of the West will be present and play selected songs, including the Air Force Hymn, at the commemoration.

The commemoration will last one hour, and parking is limited around the theater. Prompt arrival is expected. All who have access to base are welcome to attend.

Tunnel to Towers 5K Run

The Stephen Siller Tunnels to Towers Run starts at 9:30 a.m. Sept. 11 at the Alamo.

The race pays tribute to Fire Fighter Stephen Siller who, having worked all night, was off duty Sept. 11, 2001 when he heard the first plane had hit the World Trade Center. He returned to Squad 1 to get his gear, then took his final heroic steps to the World Trade Center.

When he drove his truck to Brooklyn Battery Tunnel, it was already closed to traffic. With 60 pounds of gear strapped to his back, he ran through the tunnel, hoping to meet up with his own company, Squad 1. Siller perished in the towers with 342 other NYFD firefighters.

Early registration is \$25 and costs \$30 the day of the race. The 5K run begins on North Alamo Street at Peacock Alley, across the street from the Federal Building at 9:05 a.m. The race finishes in front of Dillard's on Alamo Street, near Pat O'Brian's.

Online registration at http://www.tunnel-totowersrun.org/san_antonio.aspx and closes at 10 a.m., Sept. 10.

Converse 9/11 memorial service

The William M. Randolph American Legion Post 593 and the city of Converse hosts a 10th anniversary memorial service Sept. 11, beginning at 8 a.m., in Converse City Park, 305 School St., to remember the victims of the Sept. 11, 2001 attacks. A reception follows the ceremony at the Legion Post, 326 W. Legion Drive in Converse. Public is encouraged to attend the ceremony and reception.

Universal City 9/11 Heroes Walk

Universal City hosts its third annual 9/11 Heroes Walk from 6 to 8 p.m., Sept. 11 at the Universal City Park Pavilion at 302 North Blvd. The event is free. For more information, call 659-0333, ext. 721. To download a registration form, click on <http://www.universalcitytexas.com/DocumentView.aspx?DID=580>.

Castle Hills Baptist Church 10th Anniversary Memorial Service

The Castle Hill First Baptist Church, located at 2220 NW Military Highway, holds a 9/11 10th Anniversary Memorial Service from 9:30 a.m. to 12:30 p.m., Sept. 11. The service will include the unveiling of the Castle Hills First Responders Monument which will be placed at the Castle Hills Fire Department. A continental breakfast is served at 9:30 a.m., with the memorial service and unveiling at 10:30 a.m.

Seguin Patriot's Day Celebration

Seguin has its 9/11 Tenth Anniversary Commemoration from 7 to 10 p.m., at Central Park in downtown Seguin. The event honors all present and past military, law enforcement, fire fighters, and EMS.

9/11 Heroes Run

The first Travis Manion Foundation 9/11 Heroes 5K Run in San Antonio takes place at 5 p.m., Sept. 11 at the Al Becken Pavillion in McAllister Park, located at 13102 Jones Maltsberger Road. Cost per person is \$25 and includes a T-shirt, commemorative dog tags and an entry for other prizes, including TRX workout machines.

This 9/11 Heroes Run was created after the combat death of Marine 1st Lt. Travis Manion. Before his second deployment to Iraq, Travis spent a day and night with the firefighters of Rescue One in New York City, which lost nearly all their men during the 9/11 attacks. Manion came home with a hat that said "9/11 Never Forget." He gave it to his dad to wear while he was gone.

For more information, click on <http://www.911heroesrun.com> or <http://www.travismanion.com>.

Run for Remembrance 9/11 Relay & Ultra-marathon

Sponsored by the nonprofit group Soldier's Angels, this event will take place at Olmos Park on Devine Drive starting at 10 p.m. Sept. 10. Live music and fun precede a nighttime run at Olmos Basin Park in San Antonio.

Teams made up of nine runners will run a relay race (one-mile loop) for 9 hours and 11 minutes, or a single ultra-marathoner will run the duration.

At 7:46 a.m., Sept. 11, there will be a moment of silence for Flight 11 and the North Tower victims followed by the National Anthem with color guard. Awards will begin to be distributed after that.

At 8:03 a.m., another moment of silence will be observed for Flight 175 and the

ARSOUTH holds triple change of responsibility ceremony

By Sgt. Tamika Exom
ARSOUTH South Public Affairs

A new era of leadership was ushered in at U.S. Army South Aug. 31, as its Headquarters and Headquarters Battalion, formerly known as the Special Troops Battalion, changed responsibility of all three company first sergeants.

The change of responsibility ceremony, a military tradition to officially acknowledge the departure of one leader and the arrival of another, was held to bid farewell to 1st Sgt. Juan R. Munoz Jr., 1st Sgt. Javier Rosa and 1st Sgt. Jeanette Schartner.

Schartner, who is retiring with more than 24 years of service, returned the company's guidon to Capt. John J. Talamantes Jr., Headquarters Service Company commander, signifying Schartner's relinquishment of her duties and responsibilities as first sergeant.

Talamantes then acknowledged 1st Sgt. Nadene Turner as the company's new first sergeant, symbolically placing the guidon and the unit's responsibility into the hands of Turner.

"1st Sgt. Turner, you will never find a group of more professional people anywhere in your career, than the people you have right here," Schartner said.

As soon as the HSC had its new first sergeant in place, the ceremony continued as Rosa, who is moving to a new position at Fort Hood, Texas, returned the guidon to Capt. Sharron Stewart, Alpha Company commander, symbolizing Rosa relinquishing his responsibility as the unit's first sergeant.

Stewart then passed the guidon to 1st Sgt. Jeffrey L. Figone, signifying his new responsibility as the first sergeant for Alpha Company.

Munoz, who is also moving to Fort Hood, relinquished his responsibilities as first sergeant when he passed the guidon to Capt. Marissa Mantanona, Bravo Company commander.

Mantanona then officially acknowledged 1st Sgt. Mildred Lara Gonzalez as the new company first sergeant by passing the guidon to her.

Munoz said he remembered a statement made by a former first sergeant, "the hardest thing [you will have to do] is take off this diamond.' Now I understand exactly what he meant."

The diamond in the middle of the rank insignia for master sergeant indicates the person is now serving in the position of a first sergeant. When the master sergeant relinquishes the first sergeant responsibility, he or she must remove the diamond insignia.



Capt. Marissa Mantanona presents Bravo Company's guidon to 1st Sgt. Mildred Lara, representing the transfer of responsibility for Bravo Company troops.

Photo by Sgt. Tamika Exom

9/11 EVENTS from P4

victims of the South Tower followed by the Pledge of Allegiance. More awards will be handed out until 8:37 a.m., when a moment of silence is observed for Flight 77 and the victims of the Pentagon.

The event ends the morning of Sept. 11 and will be followed by an awards ceremony and a San Antonio-style breakfast with patriotic music, and a Color Guard presenting our ensign for the National Anthem.

Go to <http://www.runin-texas.com> and click on "Run for Rememberance" to download a PDF entry form. The start and finish lines, as well as check in, will be in the parking lot on the west side of Devine Drive at the

corner of Friedrich and Devine.

Austin museum opens 9/11 exhibit

The Texas Military Forces Museum observes the 10th anniversary of the Sept. 11, 2001 terrorist attack with the grand opening of an exhibit recognizing the contributions of the Texas National Guard.

The exhibit, properly titled "9-11 and Beyond: The Texas National Guard in the War on Terror," will open Sept. 10 at the Texas Military Forces Museum, on Camp Mabry, in Austin, Texas. An F-16 aircraft exhibit opens at 9 a.m., to precede the 11 a.m. ceremony, followed by the gallery opening at noon.

During the past 10 years, more than 23,000 men and women from the Texas Army and Air Na-

tional Guard have deployed to the battlefronts of Iraq or Afghanistan — many of them more than once. This new exhibit will highlight the significant role they played in the War on Terror.

The Texas Military Forces Historical Foundation still invites financial assistance to ensure this ambitious exhibit become, in the words of Jeff Hunt, museum director, "a worthy testament to the accomplishment of our troops . . . as well as an effective educational tool." Anyone interested in contributing may visit the museum website at <http://www.texasmilitaryforcesmuseum.org>.

Camp Mabry is located at the northwest corner of the intersection of the Missouri-Pacific Expressway and 35th Street in Austin. For more information, call (512) 782-5659.

Air Force, Army medics enjoy joint summer bash

By Master Sgt. Jolie Zygulski
59th Medical Operations Group

More than 300 members from the 59th Medical Wing and Brooke Army Medical Center came together Aug. 26 for the 4th Annual Joint Summer Bash in the Gateway Club on Lackland Air Force Base.

BAMC acting Command Sgt. Major Jesus Perez and 59th MDW Command Chief Master Sgt. Rick Robinson welcomed everyone to the Texas-style event.

The club was decorated with bales of hay, bull heads, lassos, bandanas, and Texas bluebonnets. The menu was a buffet-style Texas barbecue, which accented the theme and gave the event a family picnic

atmosphere.

The night was filled with fun and camaraderie, from the joint trivia competition to the relay competition that consisted of four obstacles including bull roping, a sack hop, a three-legged race and a horse hopper. Among the final treats of the evening were four talented young Airmen who brought the crowd to their feet with their singing and performance abilities.

The theme of the evening was "The San Antonio Military Health System: a collaboration and a new beginning."

Effective Sept. 15, BAMC and the 59th MDW will fall under SAMHS, a new oversight organization that will have rotating Air Force and Army general officers as direc-

tor and deputy director.

Air Force Maj. Gen. Byron Hepburn, 59th MDW commander, will be the first director and Army Maj. Gen. M. Ted Wong, BAMC commander, will serve as the first deputy director.

The objectives of SAMHS are to provide health improvement and health care services for the Department of Defense beneficiary community, sustain the readiness skills of the medical force, support Graduate Medical Education and other education and training, and support basic and clinical biomedical research.

Wong and Hepburn closed out the evening by speaking to the group and exchanged gifts, signifying SAMHS' joint mission.



Photo by Kara Carrier

Army Maj. Gen. M. Ted Wong, Brooke Army Medical Center commander (right), tries on an Air Force cap during the BAMC and 59th Medical Wing 4th Annual Joint Summer Bash at the Lackland Air Force Base Gateway Club Aug. 26. Air Force Maj. Gen. Byron Hepburn, 59th MDW commander (left), presented the cap after donning an Army shirt given to him by Wong.

Army, Navy, Air Force join in for Labor Day Run



Photos by Esther Garcia

Motivation runs high as 2,554 Army students show their enthusiasm during the 3-mile annual Labor Day run through the streets of Fort Sam Houston. "Since Joint Base San Antonio went into effect, this is the best team-building exercise that we do to build camaraderie between the services," said 32nd Medical Brigade Command Sgt. Maj. Harry Tharp.



Col. William Lachance, commander, 32nd Medical Brigade, and his cadre lead 4,325 military personnel during a early 3-mile Labor Day Run through the streets of Fort Sam Houston Sept 1. "This run is more for esprit de corps and it's cool now with the Navy and Air Force. We go beyond the classroom, beyond the procedures we are going through and actually get an opportunity to break down the barriers," LaChance said. "The run was intended to give them a little motivation about why we should be proud of wearing the uniform, what it represents ... the service, the lineage, the tradition and the history, and turn that into pure motivation on the run."

Wilford Hall discharges last inpatient

By Sue Campbell
59th Medical Wing Public Affairs

Joanne Tilton gathered her things Sept. 2 as she prepared to leave the hospital room where she had been recovering after a successful knee replacement. Her departure would appear rather commonplace to most; instead, it was historical.

Tilton holds the distinction of being the very last inpatient to be discharged from Wilford Hall Medical Center.

"I think of all the people who have been cared for in this wonderful place," she said. "To be the last one is such an honor."

The 2005 Base Realignment and Closure law directed that all inpatient care at Wilford Hall must be transferred



Photo by Staff Sgt. Robert Barnett

Joanne Tilton holds 59th Medical Wing coins given to her Sept. 2 at Wilford Hall Medical Center. Tilton was the last inpatient to be discharged from Wilford Hall as the 59th MDW implemented the 2005 Base Realignment and Closure law to move all inpatient care from WHMC to the San Antonio Military Medical Center at Fort Sam Houston. Wilford Hall leaders, 59th MDW Command Chief Richard Robinson, Wilford Hall Ambulatory Surgical Center Deputy Commander Col. Mary McAfee and 59th MDW administrator Col. Glenn Yap (left to right) presented the coins.

to the San Antonio Military Medical Center, or SAMMC, at Fort Sam

Houston by Sept. 15.

Since that time, personnel from both military

medical facilities have worked hard to implement the change and they met the deadline with time to spare.

"It's been a huge project," said Col. Glenn Yap, 59th Medical Wing administrator. "Everyone should be very proud of what we've accomplished."

Tilton, age 76, has many fond memories of the Air Force hospital.

"I have always found the doctors to be so compassionate and thorough. And the nurses are like angels, so attentive, gentle and sweet," she said. "Wilford Hall is a first-class team and deserves five stars!"

Her husband, retired Air Force Maj. James E. Tilton, passed away in 1998.

"He and I always felt so fortunate to have

military care," she added. "I have been in many hospitals and I've never had such good care as here at Wilford Hall."

Although patients will no longer be admitted, Wilford Hall will continue to provide outpatient surgery, more than 40 clinics, an urgent care center, and diabetes, hearing and eye centers of excellence.

"We are now the largest ambulatory surgical center in the Department

of Defense," Yap said. "Although our inpatient care mission moved to SAMMC, our commitment to patient-centered care is stronger than ever.

"We look forward to working with our Army colleagues at SAMMC to continue to provide all our beneficiaries high quality, compassionate care that individuals such as Mrs. Tilton have come to expect from our military health system."

Weekly Weather Watch						
	Sept 8	Sept 9	Sept 10	Sept 11	Sept 12	Sept 13
San Antonio Texas	94° Sunny	96° Sunny	96° Sunny	98° Sunny	99° Sunny	99° Sunny
Kabul Afghanistan	89° Sunny	87° Sunny	88° Sunny	89° Sunny	89° Sunny	87° Sunny
Baghdad Iraq	107° Sunny	108° Sunny	106° Sunny	105° Sunny	105° Sunny	105° Sunny

(Source: The Weather Channel at www.weather.com)

SAMMC from P1

“Almost 2,000 Air Force personnel are moving to BAMC and we welcome them all.”

On Sept. 15, the two medical facilities will undergo historic name changes, marking the start of a new era in San Antonio military medicine.

The medical center currently known as BAMC will transition to San Antonio Military Medical Center, or SAMMC. Wilford Hall Medical Center will change its name to Wilford Hall Ambulatory Surgical Center, or WHASC.

SAMMC will become the largest inpatient hospital in the Department of Defense.

It will remain an Army hospital under the command of Brooke Army Medical Center, which will provide governance to other Army medical facilities in San Antonio such as the Center for the Intrepid, the Fort Sam Houston Primary Care Clinic, the Taylor Burk Clinic at Camp Bullis and the Schertz

Medical Home.

SAMMC services will include:

- 425 staffed inpatient beds (116 ICU beds, 309 ward beds)
- 32 operating rooms for inpatients and ambulatory surgery
- Level 1 Trauma/Emergency Room
- Medical, pediatric and surgical subspecialty clinics
- Primary care
- Labor/delivery/recovery ward

• Adult, neonatal and pediatric intensive care units

• Bone marrow transplant unit and hematology/oncology clinic

• Cardio-Vascular, Maternal-child, Battlefield Health and Trauma Centers of Excellence

“Patients are our top priority and the reason for our existence and purpose. Our mission is to provide quality care with compassion, respect and skill, and to maintain our patients’ trust and confidence,” Wong said. “To all staff and our patients, thank you for being tolerant and understanding over the

past 18 months, as we worked to build the best military medical center possible.”

The WHASC will be the DOD’s largest ambulatory surgical center under the command of the 59th Medical Wing.

The 59th MDW will also provide governance to all other Air Force medical facilities in San Antonio such as the Randolph, Kelly, Reid and North Central Federal Clinics.

The WHASC will offer:

- Primary care
 - Outpatient surgery
 - 24/7 urgent care for trainees and beneficiaries
 - Medical, pediatric and surgical subspecialty clinics
 - Diabetes, Hearing and Eye Centers of Excellence
 - Contingency Aero-medical Staging Facility
- “The 59th Medical wing is dedicated to high quality, patient-centered

“We are ... committed to providing first-rate graduate medical education and training, state of-the-art research and capable teams for our global readiness mission.”

Maj. Gen. Byron Hepburn, 59th MDW commander

care with a clear focus on safety and customer service,” said Maj. Gen. Byron Hepburn, 59th MDW commander.

“We are also committed to providing first-rate graduate medical education and training, state of-the-art research and capable teams for our global readiness mission.”

BAMC and the 59th MDW will fall under

the San Antonio Military Health System, or SAMHS, a new oversight organization that will have rotating Air Force and Army general officers as director and deputy director. Hepburn will be the first director and Wong will serve as the first deputy director.

The objectives of the SAMHS are to provide health improvement

and health care services for the DOD beneficiary community, sustain the readiness skills of the medical force, support Graduate Medical Education and other education and training, and support basic and clinical biomedical research.

“The collaboration and cost advantages we achieve in combining our efforts allow us to leverage our resources and expertise in a way that we were not able to before,” Hepburn said.

“We are forming a broader team and going to a greater place of efficiency and effectiveness.”

For more information, click on <http://www.bamc.amedd.army.mil/brac.asp> or call 916-4141 for BAMC locations of departments or clinics. For more information about Wilford Hall, go to <http://www.whmc.af.mil> or call 292-7412.

SAN ANTONIO MILITARY LEADERS KICK OFF CFC CAMPAIGN



Photo by David Terry

Senior leaders from each of the military services in San Antonio kickoff the 2011 Combined Federal Campaign during a ceremony Sept. 7 at Randolph Air Force Base. (From left) Army Maj. Gen. Perry L. Wiggins, U. S. Army North deputy commander; Marine Lt. Col. Tilley Nunnick, 4th Marine Recon Battalion inspector instructor; Navy Capt. James F. Hunter, Air Education and Training Command Navy liaison; and Air Force Gen. Edward A. Rice Jr., AETC commander, sign the 2011 CFC pledge sheets, with the campaign running from Sept. 14 through Oct. 28.

MICC CIVILIAN RECEIVES ARMY HONOR

Sarah Corley of the Mission and Installation Contracting Command was awarded the Department of the Army Decoration for Exceptional Civilian Service by MICC commanding general Brig. Gen. Stephen Leisenring during a ceremony at Fort Sam Houston Aug. 29. The decoration is the highest honorary award granted by the Secretary of the Army to Army civilian

employees. It recognized Corley's performance while serving as the deputy director and principle assistant responsible for contracting with the U.S. Army Contracting Agency, as well as her duties as principle assistant responsible for contracting for the MICC.



Photo by Daniel Elkins

IMCOM from P1

Courses began Aug. 1 at the new facility. Four classes already have graduated, and the academy should be fully operational by Oct. 1. Most of the courses last only one or two weeks.

About 70 percent of the staff relocated from Northern Virginia to San Antonio to help keep the academy's ever-evolving curriculum current with the needs of today's evolutionary Army.

"Our staff just got here from Virginia a few days ago," Tucker said.

The state-of-the-art facility is one of the newest on Fort Sam Houston, which has attracted multiple requests from the community.

"Everybody wants it for their change of command [ceremony], for their pot-luck lunch, for their wives' club meet-

ing, for their town hall, so people are certainly aware of the facility," Tucker said.

The academy, however, is a place for higher learning among Army Morale, Welfare and Recreation employees and aspiring garrison commanders.

Her next desire is for everyone on Fort Sam Houston and around the Army to take advantage of the academy's opportunities.

The academy offers more than 100 courses through online and instructor-led classroom formats. Forty courses have received college credit recommendations from the American Council on Education.

"We've made inroads with the garrison commanders and we've done a lot of marketing," said Tucker, who noted that more people have

The academy offers more than 100 courses through online and instructor-led classroom formats.

become aware of the academy during the past two years.

Patti Scalf, an assistant director at the North Post Child Development Center at Fort Belvoir, Va., currently is enrolled in the Family and MWR Program Management Course at the academy. An Army spouse for 23 years, Scalf served two years as the Child Development Center director at Fort Drum, N.Y.

A teacher by trade with grown children ages 22 and 17, Scalf has experienced many aspects of Army family life, including how to

handle the deployments of her husband, who has served on active duty and with the Army National Guard. While at Fort Drum, she began working with Child and Youth Services and became passionate about the programs.

Scalf expects to expand her knowledge of the programs at the academy.

"I hope to get a lot more of the business end of it, and being able to actually run it as a business," she said. "My background is education, so as far as programming goes, I'm very com-

fortable with that part of my position as assistant director. But as far as the business end of being able to run it and be sure that we follow the budget, I'm getting a lot of good information on how to do that and set up an action plan and those kinds of things."

After only four days of class, Scalf already was impressed with the academy.

"This is very nice," she said. "I like the color schemes with all of the Southwestern colors, and all of the equipment and technology is very up-to-date. We all had computers issued to we came in."

"The training has been excellent so far. I go back every evening and think, 'OK, I can use this in this part of my job.' It's very applicable, very useful," she explained. "The instructors have been very informative.

They obviously know the material they that are teaching and they have brought in some guest speakers who are very good at presenting their information."

Scalf suggested that the course would be good for all MWR employees, particularly those in the Management Training Program.

"I've done some partnerships with different programs, but really as far as the scope of Army MWR, I did not have an idea," she said, "and I've been with MWR now for almost four years."

"This course has provided a very good, broad perspective of what MWR does and how it relates to the whole mission of the Army," she continued. "It's given us some tools that we can use when we're planning our activities and programs."

Animal care specialists learn critical skills in support of Veterinary Services



By Lori Newman
FSH News Leader

Army veterinarians and animal care specialists provide veterinary care on Department of Defense installations worldwide and are the only military branch that supports the Veterinary Services mission.

And the only place Soldiers in

the 68-Tango military occupation specialty receive their training is at the Department of Veterinary Science, run by the U.S. Army Medical Department Center & School on Fort Sam Houston.

The basic 10-level 68T course is 11 weeks long and is 75 percent hands-on instruction and 25 percent classroom. Course instructors include senior active

duty NCO and retired 68-Tangos, an Army veterinarian, and a civilian veterinarian.

"We don't know where the students will be assigned until they are about two-thirds through their classes," said Lt. Col. Nicole Chevalier, chief of the Veterinary Specialist Branch, Department of Veterinary Science. "We teach them a core set of skills."



Photos by Lori Newman

Pfc. Derek Lehane checks the endotracheal tube cuff on an anesthetized military working dog while a dog handler assists.

Sgt. Michael Goff holds a military working dog as Spc. Cynthia Jarvi teaches Staff Sgt. Jackie Knowles how to check the dog's blood pressure Aug. 26 at the Holland Military Working Dog Veterinary Hospital on Lackland Air Force Base.

The students learn anatomy and medical terminology, how to calculate medicine doses, blood and urine collection and laboratory analysis, parasite identification, how to administer and monitor anesthesia, and conduct surgery prep, dentistry, radiology, ultrasonography and emergency response.

"We try to keep the student/instructor ratio as low as possible, one-on-one or one-on-two instruction, otherwise things get missed and they don't learn," the Army veterinarian said.

Pvt. Dominic Velez said he wants to be a veterinarian. "This is the stepping stone. It's a challenging MOS. You learn a lot in a short amount of time, but I like it a lot."

"Every MOS in the Army has a critical task list. The 68-Tango critical task list has 101 skills for the 10-level students," Chevalier said. "That's what I base my curriculum on. They have to demonstrate proficiency in order to graduate."

The 68-Tangos receive most of their training in Jennings Hall, located in Building 2618 on Schofield Road.

The facility is accredited by the Association for Assessment and Accreditation of Laboratory Animal Care International and is the home to 20 hound-mix dogs, eight cats, 40 rats and 80 mice.

"One of the things we try to do is create real-life scenarios as much as

possible," explained Dr. John Deaton, deputy chief of the Department of Veterinary Science. "[The students] will perform physical exams, take lab specimens, draw blood and work with veterinary instructors on medication doses and anesthetic induction doses.

"We are a teaching facility, not a research facility. All the animals at the facility are purchased from U.S. Department of Agriculture Class-A vendors," Deaton said. "These animals are extremely well cared for."

The students use training models when possible to ensure the humane treatment of the animals at the facility.

The 341st Training Squadron trains all the military working dogs for the DOD and the U.S. Army Public Health Command is responsible for providing veterinary treatment for military working dogs worldwide in hundreds of locations. The premier facility, providing the highest echelon of veterinary care is the Holland Military Working Dog Hospital, located next to the 341st TRS on Lackland Air Force Base.

The 68-Tango students spend week six of the course at the hospital, learning how to anesthetize dogs and clean their teeth. They also get the opportunity to work on sick or injured working dogs in the hospital's medicine department.

"Students in the medicine clinic will draw blood, checking temperatures,

pulse, respiration, and learn how to process the dog from the time it comes in to the time it leaves," said Sgt. Michael Goff, noncommissioned officer in charge of the medicine clinic.

Students participating in the dental clinic, "first review the dog's record, and look for anything that may cause problems for the dog when it is under anesthesia," Goff explained.

"They do drug calculations according to the dog's weight, learn how to put in intravenous catheters and intubation tubes, clean the teeth, run anesthesia, monitor the dog while they are under anesthesia and monitor the recovery process.

"The students run every aspect [of the teeth cleaning process], but they are constantly supervised by their NCOs and the veterinarian," Goff said.

"The course is challenging, but it's a lot of fun. The instructors make it interesting," said Pfc. Kaylee Austin. "I love animals and I have always wanted to be a vet."

"There is always additional training at their next duty site. The students may go to a veterinary treatment facility, a research facility or they may be deployed," Chevalier said.

There are currently about 485 Animal Care Specialists throughout the Army.



68 Tango Animal Care Specialist students clean the teeth on a military working dog Aug. 26 at the Military Working Dog Veterinary Hospital on Lackland Air Force Base.



Staff Sgt. Jackie Knowles, Sgt. Michael Goff and Pfc. Kaylee Austin try to calm a military working dog as he gets an electrocardiograph to check an abnormal heart rhythm.



Lt. Col. Nicole Chevalier (right), Army veterinarian and chief of the Veterinary Specialist Branch, Department of Veterinary Science instructs animal care specialist student Pfc. Derek Lehane in administering an anesthetic induction drug in preparation for intubating a military working dog.

Make a difference: become a platelet donor

By Mark Salcedo
Akeroyd Blood Donor Center

The Akeroyd Blood Donor Center on Fort Sam Houston is just one of more than 20 Armed Services Blood Program blood donor centers worldwide. The center's primary mission is to provide red blood cells, platelets and plasma directly to Brooke Army Medical Center.

Brooke Army Medical Center transitioning of inpatients from Wilford Hall Medical Center, so the Akeroyd Blood Donor Center must expand its blood collection operation to meet the needs of the new patients requiring platelet transfusions.

"Apheresis is an automated blood collection procedure that allows the center to collect only a specific component from

a donor, like platelets," said Scott Davis, technical supervisor of the Akeroyd Blood Donor Center.

Platelets are the part of blood that forms clots and controls bleeding, so many burn patients, premature babies and bone marrow transplant recipients require regular platelet transfusions.

Some incoming patients at Brooke Army Medical Center will require a specialty product – platelets with a reduced number of white blood cells that are free of the cytomegalovirus, commonly known as CMV.

The CMV infection is typically unnoticed in healthy people, but can be life-threatening for the patients undergoing organ or bone marrow transplant or newborn infants.

Those in need of plate-

let transfusions either have a compromised or not fully developed immune system, so precautions must be taken to avoid infection and they must be transfused with blood type specific, CMV-negative blood.

"About 40 percent of the local population is CMV-negative. That's why we need more donors," Davis said.

In fact, in current medical practice, removing or reducing the number of white blood cells in blood and blood components has shown to be beneficial in patients who undergo transplantation. This special filtration process, shortly after donation, removes upwards of 90 percent of the white cells from a single unit of blood.

Studies show that blood transfusions with white

cells removed produces fewer side effects and reactions and that a patient will have a better outcome over the course of their treatment.

"During the donation process, blood is drawn through a sterile, single-use collection set from the donor," Davis said. "Using a centrifuge built into the instrument, the donor's blood is separated into three blood components: red cell, platelets and plasma."

"Throughout the centrifugation process the white blood cells are removed making the final product leukocyte reduced. Platelets are removed from the processing set and stored in a satellite bag and the remaining blood is returned back to the donor."

The whole donation process takes somewhere

between 90 minutes and 2 hours to complete, including registration, medical history review and collection. While it the process is slightly longer than a whole blood donation, it is a great time for donors to kick back and relax.

At the Akeroyd Blood Donor Center, donors can watch television or movies, listen to music, read a book or simply sit back and relax while helping to save a life.

However, the blood donor center does have a limited number of apheresis stations, so appointments are required.

Richard Anderson, apheresis coordinator for the Akeroyd Blood Donor Center, routinely schedules approximately six donors per day, Monday through Friday.

However, the center still needs more.

"The [Akeroyd Blood Donor Center] is limited

both by time and instrument resources to collect the number of donors needed to meet or exceed the increased mission," said Anderson.

So despite the continuously full schedule with trainee platelet donors in the morning, Anderson said he constantly battles the clock to ensure the trainees get to breakfast and class on time.

Currently, the early-morning trainee donors constitute for about 90 percent of the blood donor center's platelet donor pool, so Anderson is continually on the lookout for more permanent donors such as cadre, family members and retirees to round out the daily schedule.

"The goal for the donor center is be able to provide the right blood products at the right time for these new patients and

See DONOR, P15

Local celebrities to speak at Green Conference

By Cheryl Harrison
Warfighter and Family Readiness,
Marketing

The upcoming “It’s Not Easy Being Green” spouses’ conference to be held Sept. 22 and 23, not only will offer lots of educational and fun classes, food and great prizes, but two local celebrities as guest speakers.

Cathy Haffner, author of “Better because of You” will speak about her decision to trade in

the stress and demands of corporate life and start a movement that is rooted in happiness, finding joy and contentment in everyday life Sept. 22.

Everyone who attends the conference will receive a copy of the book.

Leslie Mouton, anchor and reporter San Antonio’s KSAT-12 will be on hand Sept. 23 to inspire and motivate attendees with her own story.

Mouton is an inspi-

ration motivational speaker who has covered many stories during her career, but in October 2000 she began reporting on the most important story of her life. Her own.

At the age of 35, she discovered a lump in her left breast during a monthly self-exam. That lump turned out to be cancer.

Rather than hide and wallow in self-pity, she decided to confront her cancer with cameras

close behind.

Mouton is a volunteer for American Cancer Society and a board member of WINGS, a non-profit group dedicated to providing care to women with breast cancer who don’t have insurance.

For more information or to register, call 221-9826 or 221-2585 or register online at <http://militaryfamilies.wufoo.com/forms/its-not-easy-being-green-spouse-conference/>.

DONOR from P14

to be able to respond to fluctuations in demand,” Davis said.

“This has always been a challenge because platelets have a very short shelf life,” he added. “Since we are supporting a level 1 trauma center, we can’t predict the needs for the emergency room, so we need

to have extra donors to meet the demands.”

The Akeroyd Blood Donor Center is asking service members, family and Department of Defense civilians and retirees to consider becoming a platelet donor.

All blood types are welcome, but Type A and B blood are needed the most.

Donors must be

healthy, meet the same medical screening requirements as a whole blood donor, and have a pre-platelet count before scheduling an appointment. Because platelets are quickly replenished, apheresis donors can give platelets every two weeks, as opposed to eight weeks for a whole blood donation.

Apheresis appoint-

ments cannot be made online. To schedule an appointment, call the center at 295-4655 or 295-4989.

For more information about the Armed Services Blood Program or to schedule an appointment, click on <http://www.militaryblood.dod.mil>. Friend the center on Facebook at <http://www.facebook.com/militaryblood>.

Army Secretary John McHugh administers the oath of office to Army Gen. Raymond T. Odierno, the 38th Army chief of staff, accompanied by his wife, Linda, during a ceremony in Conmy Hall on Joint Base Myer-Henderson Hall, Va., Sept. 7.

Photo by Tech. Sgt. Jacob N. Bailey



Odierno assumes responsibility for Army

Gen. Raymond T. Odierno was sworn in Sept. 7 as the Army's 38th chief of staff during a ceremony on Joint Base Myer-Henderson Hall, Va., near the Pentagon.

Odierno now takes on responsibility for training, equipping, maintaining and sustaining an Army of more than half a million Soldiers.

A native of New Jersey, Odierno graduated from the U.S. Military Academy at West Point in 1976 with a commission in field artillery. During more than 34 years of service, he commanded units at every

echelon, from platoon to corps, with duty in Germany, Albania, Kuwait, Iraq, and the United States.

Odierno served as commander, Multi-National Force-Iraq from September 2008 to December 2009. He then continued to serve as commander, United States Forces-Iraq, from January 2010 to September 2010.

Most recently, he served as commander of U.S. Joint Forces Command, where he oversaw that organization's role in joint concept development and experimenta-

tion, joint capability development, joint training and force provision and management. U.S. Joint Forces Command was disestablished as of Aug. 31, 2011.

Odierno assumed responsibility for the Army from Gen. Martin E. Dempsey, who after serving five months as the Army's chief of staff, will move on to assume new duties as the chairman of the Joint Chiefs of Staff following the Sept. 30 retirement of Adm. Mike Mullen.

(Source: Army News Service)

USAMITC chief medical information officer recognized by 59th MDW commander

By Kenneth Blair Hogue
USAMITC Public Affairs

In a ceremony held recently at the U.S. Army Medical Information Technology Center commander's office, Lt. Col. Beverly Beavers presented a letter of appreciation on behalf of Air Force Maj. Gen. Byron Hepburn, 59th Medical Wing commander to Angela Ross, USAMITC's chief medical information officer.

Ross received this letter for the support she provided while serving as a USAMITC project manager during the Essentris® Clinical Suite deployment at Wilford Hall Medical Center from August 2010 to February 2011.

Essentris® is an in-patient electronic health record system with a standardized database that allows for standardized usage across all Army medical treatment facilities, for all beneficiaries. This includes active duty, National Guard, Reserves, dependents



Lt. Col. Beverly Beavers, USAMITC Commander, presented a letter of appreciation on behalf of Air Force Maj. Gen. Byron Hepburn, 59th Medical Wing commander, to Angela Ross, USAMITC's chief medical information officer.

Photo by Kenneth Blair Hogue

and retirees.

The Air Force asked USAMITC to deploy Essentris® to WHMC because of the success of the Army Essentris® deployment, and because of

the Base Realignment and Closure actions resulting in shared patients and shared staff between BAMC and WHMC in San Antonio.

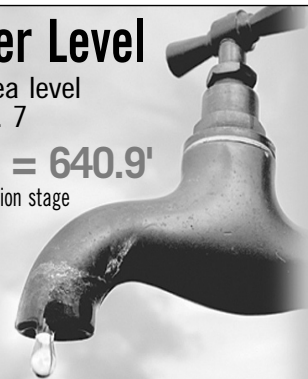
Edwards Aquifer Level

in feet above sea level
as of Sept. 7

CURRENT LEVEL * = 640.9'

*determines JBSA water conservation stage

- Normal - above 660'**
- Stage I - 660'**
- Stage II - 650'**
- Stage III - 642'**
- Stage IV - 640.5'**
- Stage V - 637'**



Cole JROTC set to repeat a banner year

By Cadet 2nd Lt. Michael Scott
Cougar Battalion Public Affairs

The Robert G. Cole Junior Reserve Officer Training Corps Cougar Battalion started the new school year with a lot to celebrate.

They are once again proudly displaying a gold star on their uniforms, signifying their position as an “Honor Unit with Distinction,” a title only received by the top units of JROTC programs worldwide. This star was received in 2009 during a formal inspection that occurs every 3 years.

The cadets are also celebrating being named

the 2011 Fort Sam Houston Youth Volunteer Group of the Year, and the San Antonio/Bexar County United Way 2011 Youth Group Volunteer of the Year. These honors are testament to the continued dedication to community involvement that is a hallmark of the Cole JROTC program.

More than 115 JROTC cadets have begun studying mandatory knowledge and learning the chain of command. Throughout the year these cadets will prefect marching, drill, and many other skills. Not only will they receive military training, they will gain attributes that they

can take with them as they embark on the journey of life. After all, the mission of JROTC is “to motivate young people to be better citizens.”

Though the school year is less than a week old, cadets are already extremely busy. The color guard has already preformed at the middle school open house, and is preparing for a San Antonio Mission’s game and Varsity football games. Throughout the year they will perform at many events including INS Naturalization Ceremony’s and San Antonio Spurs’ games.

Upcoming events for

the Cougar Battalion include; numerous blood drives, various color guard presentations, rifle team and physical training team competitions, homeless veteran funeral services, service learning projects, the annual Turkey Shoot, Corps Day, military ball, individual and company drill competitions, Saber and Honor Guards, and the end of the year spring ceremony.

This year’s battalion is proud to present the following cadets who will lead Cole’s JROTC program the school year.

Staff: Cadet Lt. Col.

Chris Lamoureux, Battalion commander; Cadet Maj. Ronnel Jordan, Battalion executive officer; Cadet Command Sgt. Maj. Amy Walters, Battalion command sergeant major; Cadet 2nd Lt. Ruby Gibson, S-1; Cadet Maj. Brittaney George, S-3; Cadet 2nd Lt. Sarah Costello S-4; Cadet 2nd Lt. Michael Scott, S-5; Cadet Staff Sgt. Dana Hagen, assistant S-1; and Master Sgt. Molly Gresenz, assistant S-3.

Company Commanders: Cadet 2nd Lt. A.J. Bray, Alpha Company; Cadet 2nd Lt. J.C Salazar, Bravo Company;

Cadet 2nd Lt. Peregory, Charlie Company; and Cadet 2nd Lt. Daniel Rodriguez, Delta Company.

First Sergeants: Cadet 1st Sgt. Lovelia Gomez, Alpha Company; Cadet 1st Sgt. Tim Sharpe, Bravo Company; Cadet 1st Sgt. Brianna Washington, Charlie Company; and Cadet 1st Sgt. Amber Stout, Delta Company.

The Cole High School Cougar Battalion is directed by retired Lt. Col. Robert Hoffmann and retired Sgt. 1st Class John Clinton.

Rocco Dining Facility Menu Building 2745, Schofield Road

Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.

Friday – Sept. 9

Lunch – 11 a.m. to 1 p.m.

Old-fashioned bean soup, cream of chicken soup, Creole chicken, beef stroganoff, cheese French bread pizza, blackened fish, mashed potatoes, rice pilaf, collard greens
Dinner – 5 to 7 p.m.

Honey-glazed Cornish hens, beef stir fry, baked salmon, vegetable stuffed peppers, baked redskin potatoes, long grain and wild rice

Saturday – Sept. 10

Lunch – noon to 1:30 p.m.

French onion soup, cream of mushroom soup, turkey pot pie with biscuits, grilled ham steaks, parmesan baked fish, vegetable egg rolls, Mediterranean brown rice, Franconia potatoes, parsley potatoes
Dinner – 5 to 6:30 p.m.

Beef tacos, barbecued chicken, spaghetti with meat sauce, Italian pasta and broccoli, Mexican rice, garlic-roasted potato wedges

Sunday – Sept. 11

Lunch – noon to 1:30 p.m.

Cream of broccoli soup, tomato and rice soup, Swedish meatballs, sesame chicken breasts, chopstick tuna, grilled citrus chicken breasts, vegetable curry with rice, steamed rice, mashed potatoes, broccoli

Dinner – 5 to 6:30 p.m.

Grilled turkey patties, southwestern shrimp linguine, hamburgers, cheeseburgers, chipotle chicken sandwiches, vegetarian burgers, grilled cheese sandwiches, mashed potatoes, baked sweet potato fries, vegetable stir fry, cauliflower combo

Monday – Sept. 12

Lunch – 11 a.m. to 1 p.m.

Chicken noodle soup, cream of mushroom soup, baked chicken, chili macaroni, Caribbean fish, vegan pierogy with marinara sauce, brown rice with tomatoes, mashed potatoes, carrots, broccoli

Dinner – 5 to 7 p.m.

Oriental pepper steak, roast pork tenderloin, chicken lasagna, macaroni and cheese, parsley potatoes, spinach, corn, peas and carrots

Tuesday – Sept. 13

Lunch – 11 a.m. to 1 p.m.

Texas tortilla soup, cream of chicken soup, hot and spicy chicken, Yankee pot roast, grilled turkey patties with onions, beef enchiladas, red beans and rice, O'Brien potatoes, Mexican rice, green beans, refried beans, mixed vegetables

Dinner – 5 to 7 p.m.

Jerk turkey, hamburger yakisoba, chicken fajitas, vegetarian nuggets, rice pilaf, baked sweet potatoes, Spanish rice, cauliflower au gratin, Brussels sprouts combo

Wednesday – Sept. 14

Lunch – 11 a.m. to 1 p.m.

Cream of mushroom soup, minestrone soup, braised beef cubes, grilled pork chops, chicken parmesan, vegetable pizza, mashed potatoes, parsley egg noodles

Dinner – 5 to 7 p.m.

Santa Fe glazed chicken, meat loaf, Cajun baked fish, breaded pork fritters, vegetable egg rolls, steamed rice, lyonnaised potatoes, carrots

Thursday- Sept. 15

Lunch – 11 a.m. to 1 p.m.

Cream of broccoli soup, chicken egg drop soup, pineapple chicken, vegetable lasagna, baked salmon, pepper steak, steamed rice, fried rice, garlic-roasted potato wedges, Brussels sprouts, broccoli combo

Dinner – 5 to 7 p.m.

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, lemon-baked fish, Spanish rice, steamed rice, Spanish-style beans, carrot and celery amandine, Mexican corn, green beans

Menus are subject to change without notice

Force Support Squadron

Family & MWR

Announcements

Rambler 120 Team Challenge

The Rambler will begin at 6 a.m. Oct. 15 at Joint Base San Antonio Recreation Park at Canyon Lake. Event includes a 22-mile bike ride, six-mile run, two-mile raft trip and a mystery event, register by Sept. 30. Call 652-6508 or visit <http://randolphfss.com>.

Driver's Education Class

SKIESUnlimited will offer a driver's education class for youth 14-18 years old Oct. 17-Nov. 10, Monday-Thursday 5-7 p.m. at Cole High School in Room 5, 4001 Winans Road. Call 221-3381 or 771-2148.

Youth Fall Sports

Register now at Parent Center in the Roadrunner Community Center, Building 2797 Stanley Road, for football, cheerleading and soccer. Call 221-4871.

Microsoft Office Classes

Sept. 15 – Excel Level 2
Sept. 21 – PowerPoint Level 1
Sept. 22 – Excel Level 3

Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

Combatives Conditioning

Mondays and Fridays, 3:30 p.m. at the Fort Sam Houston Fitness Center at the METC Campus. Call 808-5708/5709.

Scuba Classes

Two-week course, Tuesdays and Thursdays, 6-8 p.m. at the Jimmy Brought, Building 320 Wilson Road. Certification class at Canyon Lake. Cost is \$250. Call 221-1234 for information.

Calendar of Events

Sept. 9

Family Readiness Support Assistant Forum

The training is 11:30 a.m.-1 p.m. at the Roadrunner Community Center Building 2797. Bring a sack

lunch. To register, call 221-1829/0946.

Man of the House

The class is noon-1 p.m. at the Roadrunner Community Center, Building 2797. Lunch will be provided. To register, call 295-0313 or 221-0349.

Sept. 12

Pre-Deployment Planning

The training is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. Bring a sack lunch. To register, call 221-1829/0946.

Infant Massage

Classes are Sept. 12, 19 and 26 from 10-11:30 a.m. at the Dodd Field Chapel, Building 1721. To register, call 221-0349/0326.

Dare to be Debt Free

The class is noon- 2 p.m. at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

5 Love Languages for Teens

This three-part series will be

See MWR, P19



Announcements

Employment Initiative Program Job Fairs

The South Texas Employment Initiative Program, a coalition of the Department of Defense's Employer Support of the Guard and Reserve, the Department of Labor/Veterans' Employment and Training Service, the Texas Veterans Commission

and the Alliance for Veterans and Families, assists veterans with immediate assistance and/or training and then connecting them with employers who are ready to hire. The EIP is supporting three career fairs: Texas Veterans Commission Career Fair and Workshop at the Live Oak Civic Center in Universal City Sept. 21; the Military Officers Association of America Career Fair and Workshop at the Marriott Riverwalk Oct. 26-27; and the Non Commissioned Officers Association Career Fair and Workshop at the

Norris Convention Center Nov. 15. All three career fairs are open to current and prior service military personnel, active duty and Reserve.

Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11 Kilometer (about 7.1 miles) run will be held Dec. 2 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military with ID card, fee includes T-shirt. Call 295-7697.

Basic Skills Education Program

The Fort Sam Houston Education Center Basic Skills Education Program is designed to teach and refresh basic college preparatory skills to service members with a GT score less than 110. Learners must be self-motivated individuals who desire to increase their capabilities in basic skills in a rigorous learning environment, Monday-Friday 7:30 a.m.-3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills.

Call 221-1738 to enroll.

Calendar of Events

Sept. 10

433rd Airlift Wing 60th Anniversary

The 433rd Airlift Wing, Alamo Wing, will hold a 60th anniversary celebration, at the Gateway Club, Lackland Air Force Base. Cocktail hour begins at 5:30 p.m., with dinner at 6 p.m. Retired Lt. Gen. James E. Sherrard III will be the keynote speaker. Cost is \$35. Call 925-4331

for reservations or visit <http://www.433aw.afrc.af.mil/>.

Sept. 17

Pet Vaccination Clinic

The Fort Sam Houston Veterinary Treatment Facility will offer a vaccination clinic 8:30-11:30 a.m. at their facility, Building 2635, 2915 Schofield Road. All canine and feline vaccines, heartworm and FeLV/FIV tests, microchips and fecal exams will be available for pets of active duty, retirees and military family members. Call 808-6101/6014.

MWR from P18

held Sept. 12, 19, and 26 from 5:30-7:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349/2055.

Sept. 13 Re-Entry Workshop

The workshop is 10-11 a.m. at the Roadrunner Community Center, Building 2797. Call 221-1681.

Buyer Beware!

The class is noon-2 p.m. at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Sept. 14 FLP Commander/Senior Leader Training

The training is 8-10 a.m. at the Roadrunner Community Center, Building 2797. This mandatory training is required for commanders and first sergeants within 45 days following assumption of command. To register, call 221-0349.

Post-Deployment Planning

The class is 9-10:30 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Bringing Baby Home

The two part class will be held Sept. 14 and 28 from 9 a.m.-12:30

p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/0326.

Overseas Orientation

The class will be held 10-11 a.m. and 5-6 p.m. at the Roadrunner Community Center, Building 2797. Call 221-1681.

Nurturing Parenting Toolbox

The class is 11:30 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Living by Faith

The six-part series begins Sept. 14 from 6-8:30 p.m. at the Dodd Field Chapel, Building 1721 and will be held Wednesdays through Oct. 19.

Sept. 20 Hiring Heroes Career Fair

The career fair is 9 a.m.-2 p.m. at the Sam Houston Club, 1395 Chaffee Road.

Sept. 24 Club Championship

The championship will be

Movie Schedule

Sept. 9, "Mars Needs Moms," rated PG at the flagpole
Sept. 23, "Thor," edited, rated PG-13 at the flagpole
Sept. 24, "Rango," rated PG-13 at Dodd Field
Oct. 7, "Shrek: Forever After," rated PG at the flagpole
Oct. 8, "Soul Surfer," rated PG at Dodd Field
Movies begin at dusk, around 8:30 p.m. Bring lawn chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

held Sept. 24-25 at the Fort Sam Houston Golf Club. Entry deadline is Sept. 18. Call 222-9386 for information.

BOSS End of Summer Bash

Better Opportunities for Single Service Member will hold an end of summer event 5-9 p.m. at Benner Barracks. Call 221-4242.

Oct. 1 Doggie Dip

The doggie dip is 10 a.m. at the Fort Sam Houston Aquatic Center, Building 3300 Williams Road. Call 221-4887.

Jewish High Holy Days Services

Services at Fort Sam Houston for the High Holy Days of Rosh Hashanah and Yom Kippur of 5772/2011 are scheduled as follows:
Erev Rosh Hashanah, First Day, 8 p.m. Sept. 28
Rosh Hashanah, First Day, 9 a.m. Sept. 29
Erev Rosh Hashanah, Second Day, 8 p.m. Sept. 29
Rosh Hashanah, Second Day, 9 a.m. Sept. 30
Shabbat Shuvah, 8 p.m. Sept. 30
Kol Nidre, 6:45 p.m. Oct 7
Yom Kippur, 9 a.m. Oct. 8
Yom Kippur 5772 ends 7:47 p.m. Oct. 8

All services will take place in the Fort Sam Houston Main Post Gift Chapel, Building 2200, on Wilson Street. For more information, call 379-8666 or 493-6660.



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8:00 a.m. - Collective Protestant
11:00 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8:00 p.m. - Fridays - Worship and
8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant -Sun.
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:
2:00 p.m. - Sundays

Web site:

<http://www.samhouston.army.mil/chaplain>

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

11:05 a.m. Mass - Mon-Wed-Fri
6:15 p.m. - Thursdays
8:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Sundays

Protestant Services:

10:00 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6:00 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362
32nd Medical Brigade Student services

Catholic Mass: 8:00 a.m. - Sundays
Contemporary Protestant Service: 9:30 a.m. and 11:01 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:
8:30 a.m. - Sundays

REMINDER CALENDAR

Sept. 9 Movie Night, "Mars Needs Moms," 8:30 p.m., FSH flagpole
Sept. 10 2011 Freedom 1 Mile Walk & 5K Run, 8:30 a.m., Jimmy Brought Fitness Center
Sept. 11 9/11 Commemorative Ceremony, 7:30-9 a.m., Alamo Quad Quest, 1 p.m., FSH Quadrangle
Sept. 17 Quad Quest, 1 p.m., FSH Quadrangle
Sept. 20 Hiring Heroes Career Fair, 9 a.m.-2 p.m., Sam Houston Club

FREEBIES

For Sale: 1994 Mercury Cougar, maintenance records available, around 53K miles runs great, \$2,199; REM king-size bed with split vibrator; both head and foot can be raised and lowered individually, only 6 months old, \$3,999; upright Stuyvesant piano, plays well, \$799. Call 659-6741.

For sale: Rascal electric leg lift wheelchair, never used, instruction manual included, \$1,000 obo. Call 661-3765.

Garage Sale: Sept. 10, 8-11 a.m. at 314 Wood Shadow. Tools, toys, furniture, pet items and electronics.